

TALKING THERAPIES SOUTHWARK PRESENTS...

# COPING WITH STRESS IN NEW WAYS

Wednesday 8th December, 2021 • 2–3 PM

Stress is a feeling of psychological, emotional, or physical tension and it is our body's natural reaction to challenges or demands in our environment.

Studying at university can be one of the most stressful times of our lives, not to mention studying whilst in a pandemic. However, developing new and helpful ways to deal with stress can enhance our wellbeing, improve our mood, and increase productivity.

## THIS ONLINE WEBINAR AIMS TO EXPLORE:

- WHAT STRESS IS AND WHY WE GET STRESSED.
- WHY STUDYING IN A PANDEMIC HAS HEIGHTENED OUR STRESS LEVELS AND ITS IMPACT.
- NEW, PRACTICAL STRATEGIES TO HELP YOU DEAL WITH STRESS AND ADOPT A BETTER WORK-LIFE BALANCE.



## HOW TO REGISTER

Please e-mail your full name, gender, and date of birth to [monica.malhotra1@slam.nhs.uk](mailto:monica.malhotra1@slam.nhs.uk) to register for this online webinar.

